

# Exercise Sheet: A patient's guide

**Remember! Stretches should feel uncomfortable but not painful**

Your Podiatrist will advise you which of the exercises you need to do, if an activity makes your symptoms worse do not continue with it.



Hold position for:

.....

How many times:

.....



Hold position for:

.....

How many times:

.....



Hold position for:

.....

How many times:

.....



Hold position for:

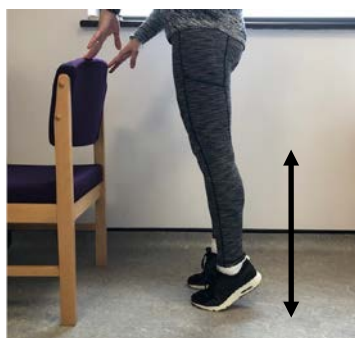
.....

How many times:

.....



Pull back the toes to stretch the plantar fascia and gently massage the painful area



Slowly repeat these movements until you feel a slight discomfort.

How many times:

.....



Slowly repeat these movements until you feel a slight discomfort.

How many times:

.....



Slowly repeat these movements until you feel a slight discomfort.

How many times:

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Slowly repeat these movements until you feel a slight discomfort.

How many times:

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Slowly repeat these movements until you feel a slight discomfort.

How many times:

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How many times:

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Hold position for:

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How many times:

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Hold position for:

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How many times:

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## Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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